

# DINNERLY



## Easy Beef and Parmesan Pasta with Baby Spinach



30 minutes



2 Servings

Cheese makes everything better, right? We've added parmesan to the beefy sauce to round out the flavour, tossed in pasta shells and topped it with fresh spinach. Dish it up and sprinkle over more glorious parmesan to finish.

## WHAT WE SEND

- 1 onion
- 50g parmesan <sup>7</sup>
- 200g shell pasta <sup>1</sup>
- beef mince
- 10g Italian seasoning <sup>17</sup>
- 50g baby spinach leaves

## WHAT YOU NEED

- 1 tbs olive oil
- 1 tbs plain flour <sup>1</sup>
- 60ml (¼ cup) milk <sup>7</sup>
- 2 tbs tomato paste
- 2 tsp balsamic or red wine vinegar <sup>17</sup>

## TOOLS

- medium saucepan with lid
- fine grater
- medium deep frypan

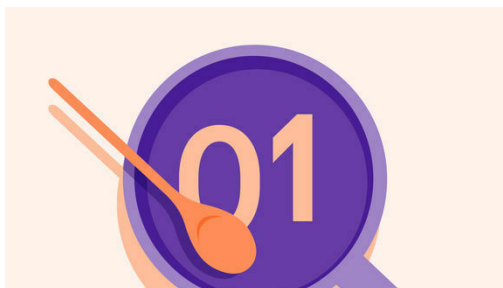
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

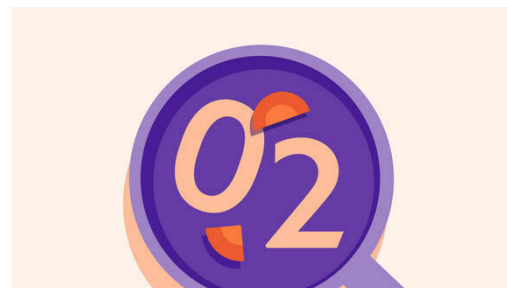
## NUTRITION PER SERVING

Energy 980kcal, Fat 41.8g, Carbs 86.3g, Proteins 60.6g



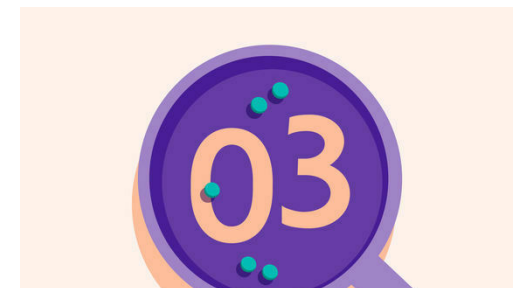
### 1. Cook pasta

Bring a medium saucepan of salted water to the boil for the pasta. Finely chop the **onion**. Finely grate the **parmesan**. Cook the **pasta** in the pan of boiling water for 11 mins or until al dente. Reserve **180ml (¾ cup) cooking water**, then drain the pasta, return to the pan and cover to keep warm.



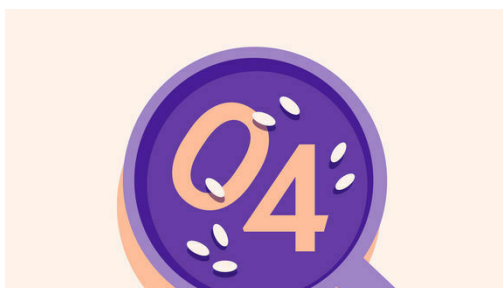
### 2. Brown beef

Meanwhile, heat **1 tsp olive oil** in a medium deep frypan over high heat. Add the **beef mince** and **Italian seasoning** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned. Season with **salt and pepper**. Remove from the pan.



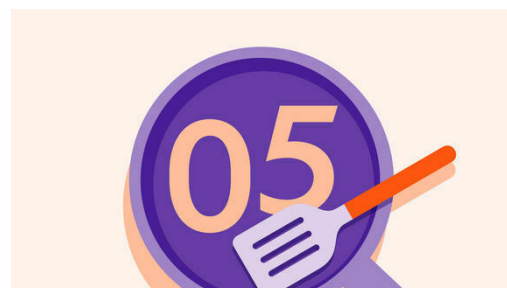
### 3. Start sauce

Heat **1 tsp olive oil** in the same pan over medium-high heat. Cook the **onion**, stirring, for 3-4 mins until softened. Add **1 tbs plain flour** and cook, stirring, for 1-2 mins until golden. Stir in the **reserved cooking water** (see Kitchen 101), **60ml (¼ cup) milk** and **2 tbs tomato paste** and bring to the boil.



### 4. Finish sauce

Add the **beef** and **half the parmesan** to the sauce and reduce the heat to medium. Simmer for 2-3 mins until the sauce is slightly thickened. Add the **pasta** and stir until combined and warmed through. Taste, then season with **salt and pepper**. Remove the pan from the heat.



### 5. Serve up

Combine **2 tsp olive oil** and **2 tsp balsamic vinegar** in a large bowl. Add the **spinach**, season with **salt and pepper** and toss to coat. Divide the **pasta** among bowls, top with the **dressed spinach** and **remaining parmesan** and enjoy!



### 6. Kitchen 101

Adding the starchy pasta cooking water helps emulsify the sauce so that it binds and coats the pasta.